

**QC**

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Local band Indigo Joseph straddles the language barrier **P.12**

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How to cultivate an appreciation for variegated foliage **P.17**

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Local brewers release spiced ales to suit brisk autumn air **P.26**

# GOING WITH THE FLOW

**HIS BUDGET IS IN THE MILLIONS BUT HOWARD WHEATER'S RESEARCH IS DEVOTED TO SOMETHING PRICELESS P.4**



**FREE**

# IN THE CITY

# OCT. 7, 2014 — 1:34 P.M.

**Smile for the selfie**



Farah Qir takes a selfie with her two-year-old daughter Nya in front of the fountain in Roseme Gardens in Rogers, on Friday, Oct. 10.

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Howard Howard is director of the Global Institute for Water Security at the University of Saskatchewan  
QC PHOTO BY GARY WARDEN

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Local brewers release special ales for autumn sipping

## # ON THE SCENE P. 10



QC was On The Scene at the Doves Night Out fundraiser at Katsara Regency last week.  
QC PHOTO BY BRIAN JACOBSON

## QC COVER PHOTO BY DAVID STORBE

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# ON THE COVER

It's a time when it's appropriate to do something big about water. — Howard Wheeler

# HOWARD WHEELER

## Water, water everywhere — but for how long?



Howard Wheeler, director of the Global Institute for Water Security at the University of Saskatchewan, stands on the South Saskatchewan River, just north of LAMAR, SASK.

By Jenn Sharp

We rarely think about water. We take it for granted. Except during times of drought or flood.

In Saskatchewan, we're incredibly fortunate to have an ample supply of clean, fresh water. But things will change if serious challenges are not met.

Howard Wheeler, a top researcher at the University of Saskatchewan, is working with teams of scientists to ensure a sustainable water future.

Director of the Global Institute for Water Security at the U of S, Wheeler moved to Saskatoon from England four years ago after accepting a position as a Canada re-

searcher research chair. The federal government initiative recruited people with world-class expertise in the environmental, resource, information technology and health fields to Canada.

Wheeler came to Saskatchewan with a large budget and a unique opportunity. At \$10 million, it's one of the largest endowments in water

research anywhere in the world.

It's a time when it's appropriate to do something big about water. There's a lot of water challenges facing us now that most people wouldn't think of, he says from his office in the National Hydrology Research Centre at Innovation Place.

After coming to Saskatoon, he started the institute, which has em-

ployed 300 people over the last three years. Plans are being made to continue the research work after the grant ends in 2015.

"The university is keen to see it continued," says Wheeler. The scientist from Nottingham, England, once worked for Bellerby making new engines, before moving to water research.

In Europe, protection of ecosystems is right at the top of the priority list for water management. In North America, it certainly isn't. — Wheeler



Howard Wheeler, director of the Global Institute for Water Security at the University of Saskatchewan, and Guilhem Strocker, a research associate at the Institute, study saltwater intrusion in a river.

It's a complex system, vegetation, climate, geology and land use all play a part. Wheeler looks down at the system into water research themes and assembles interdisciplinary teams of faculty and students to answer important questions about water resources and sustainability.

Another key to the puzzle is how policy makers and stakeholders might influence water demand.

According to Jeff McDowell, associate director at the Institute, Wheeler is a master of negotiating it all and enabling his teams to do the same.

"He's led some innovative teams here at the U of S and with colleagues internationally," says McDowell.

In Wheeler's previous position as the head of water research at Imperial College in London, he led large groups researching the UK's water-based management, among other projects.

"He's had a long history of leading large groups, high-profile groups, very large, well-funded projects over

the years, so that's what's been so great for the U of S to attract someone like him. He's excited to do work here," says McDowell, who first met Wheeler at a conference in 1990.

McDowell says Wheeler's creation of the institute was a great move. The U of S already had about 10 water faculty — the institute has given them a "holistic point."

"He's been really good at bringing the campus together and identifying some major research themes. Then sprinkling money on different groups to collaborate working together that previously weren't working together."

McDowell, who works on projects everywhere from Chile to China, has just been elected as the president of the hydrology section of the American Geophysical Union. It's one of the most prestigious learned society in the water world, and with 5,000 international members, it's a mark of esteem to be elected president.

"It helps even more to put Saskatchewan

on the map," says Wheeler of McDowell's new position.

\*\*\*

The research projects Wheeler and his teams are working on are vast. The main focus is on the Saskatchewan River basin. They've turned the 300,000 sq. km area into a large laboratory. The basin is part of the World Climate Research Program and the only experimental site of its size in North America.

"We've been doing a lot of work to develop basic science to understand environmental change," says Wheeler.

They've taken an infrastructure in the forest, forest from Environment Canada. It's an important area, covering one third of Canada. They're studying environmental change in Western Canada, particularly the Mackenzie River, too.

Continued on page 6

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Floods, droughts and water quality are the big three (challenges). It's been flooding ever since I arrived (in Saskatchewan). — Wheeler



Flooding has been a serious issue in Saskatchewan since 2010, and one of the major water challenges facing the province. FILE PHOTO BY GREG AALAND

"They've even built a water resource model for the province, which allows people to plug in computer games and experiment with the effects of increased irrigation or a major drought."

Work in the Prairies consists of answering questions about agricultural drainage and the effect nutrients from agricultural run-off and waste water have on the landscape.

"Nutrients are a huge global problem. We put a lot of nutrients into our water," says Wheeler.

High nutrient loads from phosphorus and nitrogen can create algal blooms in 2007 Lake Winnipeg had an algal bloom that was 30,000 sq. km (Lake Dieckebocker had a similar algal bloom in 2011). The toxic algal blooms damage ecosystems and make water treatment difficult. When blue-green algae blooms, it's toxic to animals and people.

After Wheeler first arrived in Canada, he was on a panel that helped Alberta and Saskatchewan Canada create a world-class monitoring system for the oceans, which is just being rolled out now.

"There's been a lot of controversy about re-

entry around that and a lot of publicity about adverse effects, and much of that has been not well informed because there simply wasn't a reliable and trustworthy database," he says.

The scientist, who was a speaker at ABC 2014 (Agricultural Bioscience International Conference) attended a few questions about Saskatchewan's water challenges and creating a sustainable water future on a global scale.

**Q:** During your speech at ABC on Oct. 3, you said we'll need increased irrigation in order to increase food production because global food needs will more than double by 2050. Where is all this water going to come from?

**A:** One of the big tensions in water management is water for irrigation against water for other uses. What I was trying to say is that there are interesting questions about this use. There's an interesting discussion in the province at the moment because certainly the Agriculture Ministry is keen to see expansion of irrigation. Irrigation has a lot of benefits in terms of increased yields and takes out some of the variability of the climate.



## Bump in the night

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He's had a long history of leading large groups, high-profile groups, very large, well-funded projects over the years, so that's what's been so great for the U of S to attract someone like him. — Jeff McDonnell

That's one of the reasons we've been building some models (there's one at Lake Umbagog) so we can explore these things.

I think the general consensus is that in an average year there is water that could be used for irrigation. I think if we went into a drought year that would not be the case. And of course, water that we take out upstream is water that we don't have downstream. All of these things need to be evaluated fairly sensitively.

**Q:** What do you see as the biggest water challenge in your Saskatchewan right now?

**A:** Floods, droughts and water quality are the big three. It's been flooding ever since I arrived (in his hometown). 2010 was a pretty wet summer and that gave us big floods on the Prairies in 2011. 2013 we had Alberta under water and Calgary had a lot of damage — 100,000 people evacuated, four deaths, \$6 billion in flood damage.

What was interesting in that floods are about people in many senses. Of course, they affect people but people also affect floods. One of the reasons that Alberta was hit so hard is that they have people living in the floodplains and they had not implemented careful control of development in unsuitable places.

There is an interesting issue about the role of government in providing information about flood risk areas. I think Alberta had been struggling with that as an issue. They had not followed up on a report from 2001 that had indicated this was a problem. They have certainly now recognized it's a major issue so the flood, I think, has triggered a big policy change within Alberta.

The issues in this province this year are really interesting. We expect a warmer world but we expect it to be a bit wetter on average. This year for the first time, instead of seeing spring snow melt giving the flooding problems on the Prairies, we've had summer rainfall. It's very very unusual but it might well be a sign of a new future. That raises a lot of issues as to how we manage the landscape for this flooding.

**Q:** What are some of the possible effects of zero tillage in agricultural operations?

**A:** Zero till means you leave crop residue on the surface. It traps more snow, you have more moisture in the soil for subsequent crops, it minimizes the erosion of soil and that in the past has carried a load of phosphorus so it's better to encourage that.

*Continued on Page 8*



Howard Whinston and Jay Sagar in a paddock (below) testing water from the South Saskatchewan River. Sagar is working with Whinston at the Global Institute for Water Security. PHOTO COURTESY Jay Sagar



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## LEADER-POST

This year, for the first time, instead of seeing spring snow melt giving the flooding problems on the Prairies, we've had summer rainfall. It's very, very unusual but it might well be a sign of a new future. — Wheeler



Howard Wheeler in his office at the National Hydrology Research Centre in Innovation Place in Saskatoon. (QC PHOTO BY GORD WILSON)

And of course, it across the frontier means it's been very successful and very widely implemented.

A more controversial issue at the moment is drainage. Agricultural drainage is important for a farmer — he wants to be able to get on the land and be able to maximize his land area. At the same time, natural wetlands have a function. They tend to slow down flood flows, they tend to try to restrain and so the more you take them out, you might have problems with flood flows and nutrients.

With increased drainage you tend to pass more water down to someone else. That can create some problems down stream. It's very complicated because a lot of this depends on very subtle local controls. Even things like land levels can change the ways in which the flows are happening.

I think it's a strategic issue for the province — how to manage drainage of the future. We are doing some work on this at a place called Smith Creek at the

Swainsboro-Muskeg border. That's shown some aspects of the flooding and drainage story but you can't really develop policy or governance results based on a single site. So we need quite a lot more work to really understand these issues. They're quite complicated.

**Q:** You also mentioned that globally shifts are moving to more managed which is more dependent on water. Speaking strictly about the flood we saw, what does a sustainable water future look like to you?

**A:** For sure, we need to use water more wisely and more efficiently and we have to think very carefully about the trade-offs between different uses. One of the most difficult trade-offs to make is how much water do we leave for the environment? Different countries take quite different views about that. In Europe, protection of ecosystems is right at the top of the priority list for water management. In North America, it's certainly not.

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Of course, (floods) affect people but people also affect floods. — Wheeler



There was a record release of water from the spillway at Gardiner Dam on Lake Diefenbaker due to a heavy inflow of water from Alberta in 2007. FILE PHOTO BY ANDREW HENNING

I think given the increasing population and associated food needs, there'll be quite a lot of pressure for us to think about dietary changes. Certainly we're going to have increasing demand for a whole range of food products, both edible and livestock. We're going to have to think about the water footprint around the different foods and that might start to encourage people to change their patterns of consumption.

North America has been at the forefront of developing a very beef rich diet. Probably over the next decade, we'll see trends moving away from that.

**Q:** Jeff McInnes describes you as a visionary leader. What qualities do you have that make you a good leader?

**A:** I'm excited by what I do. I think what

we're doing is important. I think we've got a very talented team and I really enjoy working with them on these issues. We have the luxury of being able to do really exciting science to address issues that are fundamentally important for society. The nice thing about working at a university is that we are essentially all work out of self-interest. I enjoy helping my younger colleagues develop their careers and fulfil their career aspirations. We're all working toward, essentially, a common cause and my job is to help conduct the architects and make sure the work we do is really focused on some of these major challenges.

*Interview has been edited and condensed.*

*Jeffery@liverpool.ac.uk  
TheCity.com/jeffery*



## The City is about to break more than its word.

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# ON THE SCENE

## # DIVAS NIGHT OUT

Fun. Laughter. Entertainment. And a good cause. Local divas took over the Casino Regina Show Lounge on Oct. 9 for Divas Night Out, a fundraiser supporting two Regina-area shelters for women and children fleeing domestic abuse.

Proceeds from the annual event, which 120+ year well support Regina Transition House, the city's oldest women's shelter, and the Isabel Johnson Shelter, which is run by the Regina YWCA.

The evening included complimentary champagne, hors d'oeuvres, a silent auction and an auctioneer led by Starbuck's caterer Gene Thayer and Leslie Elliott.

Since it began, the annual fundraiser has raised more than \$100,000 for local crisis shelters that provide a safe refuge for women and children fleeing domestic violence.

1. Shelby Belkand and Ashley Wyatt



2. Rebecca Chappell and her mom Jan Chappell



3. Pat Duane and Lori Bole



4. (From left) Cherie Robbins, Sharon Duane, Denise Zahorski, Heidi Lindsay, Sarah McIntosh, Denise Black and Lisa MacMurtrei



5. Ben Wenzel and Jani Des

6. (From left) Judy Hine, Bernice Smart and Pat Probyn



7. (From left) Cindy Lowquist, Kendra Kell, Marlene Kell and Heather Hodgins

8. Neils Mossen, emcee/producer Jerry Papp and Sharon Davis

QC PHOTOS BY BRYAN SCHLOSSER



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# **LUCAS RICHERT**

## Pills and politics: tough to swallow

Everyone knows someone or some story that reminds them of the troublemaker of the pharmaceutical industry in their everyday lives. We see the advertisements during football games and The Good Wife. We see them on News, Health or sci-fi, as Skye and Cona politics. The ads are not anywhere. And by most accounts, we're not seeing any more and more pills every year.



Lucas Richert

My new book, *Constitution, Consumer Choice and the FDA* during the Reagan Era. A Prescription for Ronald examines the American drug industry in the era

in which I grew up, the 1980s. I tell a sometimes frightening story about how the regulation of Big Pharma got initiated, turned and pulled upside down by politicians, consumer groups and drug industry insiders. At the centre of this half of war was the Food and Drug Administration, an independent government agency that was constantly under pressure.

In the early 1980s, when interest rates were high, oil prices were high, and the economy was weak, Ronald Reagan was president of the United States. And he promised to have government scaled

back, taxes cut and regulations curtailed. This was an important period at time for such Americans, Big Pharma and health regulators. The stakes were extremely high for people who needed operations to HIV/AIDS medication and they were high for their status who simply wanted to use the consumer. Tylenol. Tough decisions about access to drugs were necessary.

But I make the case in my book that applying hard-core conservative beliefs to the drug industry in the 1980s was "a prescription for scandal." The consumer politicization of drug regulation put people's health and lives at risk. I also make the case that this era was significant because it shaped the con-

tem of the modern drug industry today.

So here we are in 2014, we still need to make tough choices about the role prescription and non-prescription drugs play in society. Sure, the drug industry has done important things for our health, and part of it also has too much power and influence in our lives. I have this all the time from friends, family and students. I'm hopeful that my book can shed some light on how we can get to this point so help us think about the future.

Lucas Richert lives in Saskatoon and teaches part time at the University of Saskatchewan. His book is available through McNally Robinson and Indigo.



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## MUSIC

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## # SASKATCHEWAN MUSIC SCENE

## Straddling the language barrier



Indigo Joseph band members. From left: April Bousie, Eric Tessier, Joanne Fletcher and Sean McConnell. PHOTO COURTESY OF THE ARTIST

## By Sean Tremblath

For Indigo Joseph, national song action was a mixed blessing.

After three years of playing mostly in Saskatchewan, with a few short tours thrown in, the Regina four-piece got a break. Their song "Others," a bright, catchy pastiche of indie, was named CBC's song of the summer for 2010. It went onto the national rotation.

More than a year later, many people still identify them with the track. "They're in the midst of a cross-Canada tour, the biggest of their careers."

"It's been the first time people that aren't part of the tight-knit Saskatoon and Regina scenes actually recognize us," Eric Tessier, the drummer for the band, says.

But that recognition has a flip side: Indigo Joseph has never stuck

to one type of music. They cross genres and, thanks to their bilingual singers' languages. Now they find some people are surprised when every track isn't "Others."

"It was a little bit surreal, and weird, when people would treat you like a successful pop outfit over one song. The song is cool, but we have a lot of different types of music," guitarist Sean McConnell says.

They admit it's not a huge prob-

lem to have. Getting someone in the door for a show is the biggest trade, so much so that on some stops of their current tour they aren't charging cover. They know they can earn new fans with their energetic live show, even if people don't always know how to classify them off the hop.

"I think if you look at bands that have a very easily definable style or people can group on to that quicker

whether that's good or bad. There can be a disadvantage, but I think we try to use it as a strength," says Tessier.

To stay diverse was a conscious choice. When they first started out, some people told them they should have separate bands with different sets depending on whether they were playing for anglophone or francophone crowds. The idea never appealed to them.

# MUSIC

"We didn't want to just play a bunch of French songs, then translate all our songs," says Bryan Bustin, who sings while switching between guitar and synth.

Being able to draw in either tongue is freeing for Bustin.

"For me personally as a lyricist, it was just a whole new language with new things to play with," he says.

The impetus for their current tour is Collage, their first full-length album, which came out in September. From the sultry keyboard licks of *Others* to the slower build of *La Balance*, which rides intricate guitar riffs from a slower beginning to an energetic, danceable crescendo, the album shows all sides of the group.

After recording several smaller EPs, Collage is the first time the local folkies had a strong handle on the whole studio process.

"The album is definitely a studio sound, but I think it's the closest we've

come to creating a product we can send home with people that represents who we are, even if the line show is kind of different," McCannell says.

They see it as a documentation of the band they've become over the years.

"With an album, you have the power to get something 'right' just, even if you're not able to be there," Bustin says.

The tour continues through mid-November. Having wrapped up Western Canada, the group is headed to New Brunswick, further east than they've ever been. With stops in Orleans and Quebec, they have the chance to continue playing to both linguistic sides of their growing fan base. The band is perfectly set up for any nation, according to vocalist and keyboardist Stéphanie Fouché.

"We're in Canada, you know? We live in a bilingual country," he says with a laugh.

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# SHAREATS

# SASKATCHEWAN FOOD SCENE

## Top 10 lessons from The Boreal Feast

By Jenn Sharp

Michelle Genest's passion for food is unmitigated.

The author and chef, speaking from her home in Whitehorse, talks and mostly about her new cookbook *The Boreal Feast: A Culinary Journey Through the North*. Part cookbook and part travelogue diary, it's a splendid read highlighting both Arctic and subarctic's stunningly artistic photography.

Genest had a good first start in learning about food; her mom was an excellent cook.

"We were all always interested in how food should taste and we were all very interested in cooking," she says of her family.

In her mid-twenties, Genest lived in Geneva for three years, where a new arsenal of ingredients taught her how to cook in different ways. Her Greek boyfriend loved cooking and was a capable burger and fisher. The couple shared a lot and while the severe freeze in their good of 3, her cooking skills improved immensely.

"That was what I remembered and loved best — our extremely satisfying physical life. But I kind of lost that when I got out of college and of knowing about the landscape until I came north and discovered the same kinds of things were happening here."

These things, like the important sense of berry picking, would affirm her understanding of the north. She says she was introduced by the wilderness at first, berry picking was her entry. She began to learn about the berry types and more about flora.

She now has a regular column in *Arctic North* magazine and has released two books: *Boreal Feast* in 2013 and *The Boreal Feast* this year. Research for *The Boreal Feast* included a trip to Scandinavia with her husband, Rick. They traveled and cooked with people who are contemporary Nordic restaurants and local food cooking classes.

"It really could be to an enormous extent that similar to years in terms

of landscape and geography but completely different in terms of culture and history. Traditional recipes are very much alive and cooking in Scandinavian, much as they probably are in people's kitchens across Canada," she says.

While *The Boreal Feast* has a decidedly northern focus, it's still a must-read for those living farther south.

"That's one of the things that I hope people will take away from *The Boreal Feast* — an excitement about their own neighbourhood, their own region."

Here are Michelle Genest's top 10 tips for Prairie readers:

1. Cook from scratch whenever you can.

"Then you have control of the ingredients and eliminate the need for preservatives to a certain extent. It's cheaper and probably better for you. And it's more fun."

2. Celebrate the food of your local region.

3. Learn about habitat. Become a conservationist.

"Wild food needs habitat in order to grow. If we're not aware of where the wild foods are and we pluck them, a subsistence and the huge track of edible plants (for instance, I think that's a problem) is often the more we know about where the wild foods grow, the more we'll be able to point that out to the municipal governments."

4. Discover the wild edible plants that live near you.

5. Learn how to forage carefully and respectfully.

"We don't want to be picking random species or trampling on other people's land without asking. We don't want to be taking too much. In the Boreal/Frontier section of the book, there's a compilation of Taylor Herbarium; it comes from a forager and herbarist in Ottawa (Andrea Worley) who very kindly allowed me to reprint it."



Author and chef Michelle Genest has released her newest cookbook, full of stunning photography about culinary finds using northern ingredients. [facebook.com/cp](http://facebook.com/cp)

6. If you can't find an ingredient, substitute with your own local version. Try red davenport instead of hardy find Red Pine wheat.

7. Cook under cuts of wild meat but don't. Don't be afraid to eat it. Here:

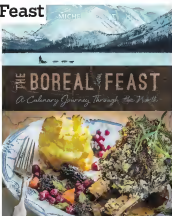
"It's a revelation. You can really taste the meat when it's raw. I hardly do anything to it now, just salt and pepper right beforehand. If I'm cooking inside, I have the frying pan (cast iron) at medium high, use butter and oil (oil has a higher smoking point) and cook it, depending on thickness, at most 20 minutes per side. Then let it sit. I remove it from the wooden cutting board."

"It's a bit simple and boring, but for the reason I desire the game with some red wine and scrape it around and around it until it becomes almost syrupy. Remove it and add a tablespoon of cold, smelted butter. That emulsifies the sauce and loses down the sharpness of the wine."

8. Make your own pettin.

"It's a way of making something

See a food trend you think deserves a highlight? Email [qc@theadepost.com](mailto:qc@theadepost.com) or visit us on Facebook



Author and chef Michelle Genest's newest book, part cookbook, part travelogue, was released this year. She'll be in Saskatoon later in October to promote *The Boreal Feast: A Culinary Journey Through the North*. [facebook.com/cp](http://facebook.com/cp)

pectin. It's less predictable and you have to look around more and your results are not always consistent, but it's a way to avoid preservation (you just need it). It's fun to have your own homemade pettin in the pot. It's more tasty (there's a recipe for pettin in *The Boreal Feast*.)

9. If spruce trees grow near you, collect spruce tips at the spring.

"They're a beautiful flavor addition to a whole lot of dishes either sweet or savory. There are 14 recipes using spruce tips in *The Boreal Feast*. There's a really interesting proverb: It's not like money at all. It's a Cree saying: grow herbs that we can really explore and add to our foods in many different ways. When it's fresh from the tree, it's kind of strong, just

can definitely taste the resin but it's not overpowering. It's important to get them at that stage in their growth when they're new and they preserve them (dry or vacuum pack and freeze).

10. Don't be afraid to experiment.

"That means don't be afraid to fail."

To get your copy of *The Boreal Feast*, visit [McNallyRobison.com](http://McNallyRobison.com) or [ArcticNorth.ca](http://ArcticNorth.ca).

Genest will also be at McNallyRobison on Oct. 26 signing books from 2 to 4 p.m.

[jsharp@theadepost.com](mailto:jsharp@theadepost.com)  
[theadepost.com/news](http://theadepost.com/news)

# GARDENING

# GARDENING IN SASKATCHEWAN

## The immense variations of dogwood variegation

By Sara Williams

Gardeners have an enormous appreciation for variegated foliage.

Variegated, meaning leaves that contain white, cream, pink, yellow or purple in addition to the "normal" green, shrubs can be used to show off those with purplish foliage. Plant them adjacent to and slightly behind the shrubs with the purple foliage for the best effect.

Although many shrubs have variegated foliage (ranging from pinkish through gold and white-silver), the hardiest, the most striking and the most readily available are found among the dogwoods (*Cornus*). Several species have prominent variegation.

**RED-ORCHER DOGWOOD** (*Cornus sericea*, ssp. *C. stolonifera*)

It's native to the Prairies, often found growing wild on the edge of sloughs or seen in moist situations. But red-orcher dogwood is surprisingly adaptable and moderately drought tolerant once established.

It has an irregular but somewhat round leaf form, with a height and width of 1.5 to 2 metres. The green leaves, opposite and simple, are prominently reticulated and with pointed tips, turning red-purple in fall.

The small, white, flat-tipped clusters of flowers in May and June give rise to bluish-white berries. The stems are dull red, becoming greyish with age and increase in size over time (as the pruner).

Red-orcher dogwoods grow well in full sun to partial shade (up to 50 per cent shade), with the best fall foliage colour in full sun.

They tolerate a range of soils. Although they do better with even moisture, they are moderately drought tolerant once established. The oldest stems can be removed at ground level to promote new growth with a bright red stem colour to enhance your winter landscape. They are well-placed in shrub borders.

as foundation plantings or used in naturalized areas.

**SILVER AND GOLD-LARGE** (2 to 3 m in height and spread) and better used in larger landscapes. It has variegated green foliage with a white margin and yellow stems and good winter color.

**WHITE GOLD** Height and spread of 2.5 m has green and creamy white variegated foliage and bright gold winter stems.

**TARTARIAN DOGWOOD** (*Cornus alba*)

**Argenteo-marginata**: A silver-leaved dogwood, with a height and spread of 1.5 to 2 m, variegated grey-green and creamy white foliage and red winter stems. It does best in partial shade.

**Ivory Halo**: An upright, non-compact selection. The green leaves have white margins, and the stems are red in winter. It has a rounded form and is 1.5 m in height and spread.

**Conchetti** (aka *Gold and Rose*): More rounded than most, with a height and spread of 3 m. It has variegated green leaves with yellow margins, silver with a pink tinge, and red winter stems. Unfortunately, it appears susceptible to aphids.

**Silver Charm**: A dense, slow-growing dwarf dogwood, approximately 1 m in height and spread with silver and green variegation. It's well suited to a smaller landscape.

Sara is the author of the new and recent book, *Prairie Xeriscaping: In Her Own Back, Saskatoon Flavour Farm Park & Zoo: A Photographic History, the role of the history of an institution and the personal stories of the people who made an important impact on Prairie agriculture*.

This column is provided courtesy of the Saskatchewan Perennial Society ([www.saskperennial.ca](http://www.saskperennial.ca), [saskperennial@yahoo.com](mailto:saskperennial@yahoo.com))



The stems of the Red-Orcher dogwood turn red in winter. It reaches a height of about 1.5 metres. Photo courtesy SARA WILLIAMS



# OUTSIDE THE LINES



## # Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages. Children can colour the page, have a picture taken with the finished product and email it to [qc@leaderpost.com](mailto:qc@leaderpost.com). One winner will be chosen each week. Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Aarona G'Witch**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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## EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

Wednesday, Oct. 15

**Wednesday Night Folk:** Twinner James Tilo Bushniker, 2205 Dewdney Ave.

**WayBack Wednesdays with Lee the Cobos**  
McNally's, 2226 Dewdney Ave.

Thursday, Oct. 16

**Larry and His Plunk, Good for Grapes, The Day Minuties**  
The Exchange, 2431 Eighth Ave.

**In Darkness**  
McNally's, 2226 Dewdney Ave.

Friday, Oct. 17

**Drum Country, Portenale**  
Bels  
Orchard, 1847 Seath St.

**Method 2 Medicine**  
McNally's, 2226 Dewdney Ave.

**Aaron Fritchett**  
The Pump, 641 Victoria Ave. E.

**Lea Phillips**  
HQR, 1470 Toronto St.

**Rock Volcano**  
Caféine Regine Show Lounge  
1690 Saskatchewan Dr.

**Drum Country, Portenale**  
Bels  
Orchard, 1847 Seath St.

Saturday, Oct. 18

**Open Acoustic Jam**  
3:30-5 p.m.  
Brooklyn's Lounges/Western  
Pia, 1307 Broadway Ave.

**Jackie O'Neil**  
9 p.m. Broadway's Lounge/  
Western Pia, 1307 Broadway  
Ave.

**Mitty Ditty Ditt Band**  
Caféine Regine Show Lounge  
1690 Saskatchewan Dr.



Larry and His Plunk play The Exchange on Oct. 16.

**Krommer & Bushniker**  
Regine Symphony Orchestra  
8 p.m. Government House  
4607 Dewdney Ave.

**Planet Sitar, Death Toll Rising, Saythe**  
The Exchange, 2431 Eighth  
Ave.

**Don Siller**  
The Lovers, 4529 Gordon  
Rd.

Sunday, Oct. 19

**Krommer & Bushniker**  
Regine Symphony Orchestra

1:30 p.m. Government House  
4607 Dewdney Ave.

**The Rebel Spill, Hedges, The**  
Royal Road Repulse  
The Club at The Exchange  
2431 Eighth Ave.

Monday, Oct. 20

**Monday Night Jazz & Blues**  
Vaughan Milelight  
Bushniker, 2205 Dewdney

**Weekly Drum Circle**  
Instruments provided  
7:30-9 p.m., The Living Split  
Centre, 3018 Dunsin Dr. Call

Mike, 306-550-3511

Tuesday, Oct. 21

**Vikings, Take the Earth Re-**  
earth, St. Stepping Stone  
The Exchange, 2431 Eighth Ave.

# VISUAL ART

**Curtis Muller: An index of**  
Saskatchewan Farms and  
Other Curiosities

Forrestaker Muller will use her  
interests in memory, history,  
scholarship, and other curiosities  
to guide her audience and  
presentation of the important

cultural holdings of the Dun-  
lop and Kildie  
Oct. 18-Jan. 18  
in Site—Control Library, 231  
12th Ave. AND Royal So-  
ciety Museum, 2445  
Albert St.

**People Artists Build Art**

**Show and Sale**  
Oct. 17, 1-4 p.m. — meet the  
artists 7-9 p.m.  
Oct. 18-19, 9 a.m.-6 p.m.  
Royal Executive Hotel, 4025  
Albert St. 3.

210.9 Seconds  
A surprising and impactful

collection of photographs on  
canvas studies light, colour  
and movement. Features 12  
Saskatchewan artists.  
Reception: Oct. 16, 7-10 p.m.  
ticket sale until Nov. 30  
TAC Contemporary Art Gal-  
lery, 1641 15th Ave.

**Horrid Journey into the Dark**  
Artworks from the perspec-  
tive of an early 20th-century  
artist and psychonaut on a  
drug that has slipped him into  
a dark world  
Greene City Centre  
1843 Hamilton St.

## EVENTS

**Martin Tappin's New Canine**

Until Oct. 25 Myntora Gallery, 2706 12th Ave.

**Contemporary Canadiana**

The Artists of Good Medicine Fine Arts features the works of Canadian fine artists who have created works of art in three distinct styles portraying the essence of contemporary Canadians.

Until Oct. 31 Regina Centre Crossing, 1821 Albert St.

**Kyle Hannam's Colour**

Powerful medium works created with wood veneer and resin.

Until Nov. 1 State Fine Art Gallery, 2070 Halifax St.

**William Ruperto Jensen**

Los Angeles artist William Ruperto Jensen addresses the fine line between states of being. Named after the Roman god of beginnings and transitions, the subject of Jensen is the well-known "rubber" illustration popularized by the philosopher Ludwig Wittgenstein. The artwork vividly features a fish's eye looking up, inscribed on an envelop of life and death.

Until Nov. 13 Central Mediatheque, Dundas Art Gallery — Central Branch, 2381-12th Ave.

**From Wheat Remains**

Artists Jason de Haan, Kornel Meis and Kassia Makris infuse data with ethics and speculate meaning via embodied transformations, epistemologies, assemblages, and texts that mirror scientific processes.

Until Nov. 13 Dundas Art Gallery — Central Branch, 2381-12th Ave.

**Adrian Stimson: The Immortal Buffalo Boy**

Adrian Stimson is a First Nations artist whose multimedia work incorporates themes of history, gender, and identity.

Until Nov. 20 Art Gallery of



Phil Parnood takes us on a tour of back alleys in his paintings, now on display at the MacKenzie Art Gallery. **328 HELLFIRE**

Regina, Neil Bakwell Civic Arts Centre, 2620 Elphinstone St.

**Jessica Wilson's The Harder**

Artists Jessica Wilson's *The Harder* examines everyday objects with fabricated new materials to refine their functionality and their aesthetic, creating an evocative mixture of the familiar and the grotesque.

Until Nov. 26 Dundas Art Gallery — Sherwood Village Branch, 5121 Rockside Blvd.

**WFF Presents: In the Alley |****Dona la Raula**

A major retrospective of celebrated Saskatchewan painter WFF Presents: Dona la Raula for a single subject —

**the everyday look-alike**

Until Jan. 4, MacKenzie Art Gallery, 3675 Albert St.

**Troy Gouletman's Digital Handshake**

Exhibition examines our uneasy relationship to technology, and imagines what it — and we — might want. The first major solo exhibition by Regina-based sculptor Gouletman.

Until Jan. 25, Muskegana Art Gallery, 3475 Albert St.

**Assiniboia Gallery**

2260 Smith St.  
Open Tuesday to Friday, 10 a.m. – 5:30 p.m., Saturday 10 a.m. – 5 p.m.

**Neutral Ground**

#203-1856 South St.  
Open Tuesday to Saturday, 11 a.m. – 5 p.m.

**Oakland Gift and Fine Arts**

Oil and ink paintings by Chinese artists Lingling Jiang and Huayin Tian.  
2282 Smith St. Open Monday to Saturday, 10 a.m. – 5 p.m.

**TAI Contemporary Gallery**

1631 9th Ave.  
Open daily 11 a.m. – 6 p.m.

**#COMEDY****Pass the Hat**

Oct. 17, 7 p.m.

**The Club at The Exchange**

3631 Eighth Ave.

**The Laugh Shop**

Live standup every Saturday night, 9–10 p.m.  
Hudson Hotel, 1518 Victoria Ave.

**#PERFORMANCE****Prole Dance Circuit**

World premiere of *Canino*, a new solo by Winnipeg Contemporary Dancers artist/director Brent Lott, and the Saskatchewan premiere of *A Good Madness*, a film by Danielle Stark about WCD's founding director Rachel Browne. There will also be

two works by Ming Hui, an accomplished director, choreographer, and performance artist from Winnipeg; *The Exhibitionist*, and *Forever in Blue Jeans*.  
Oct. 15–16, 7:30 p.m.  
Oct. 16, 1:30 p.m.  
University Theatre, U of R Riddell Centre

**Little Orange Man**

Hestia Theatre  
Oct. 15–16, 8 p.m.  
The Arsenal, 3637 12th Ave.

**Much Love About Nothing**

Until Oct. 19 Globe Theatre, 1801 South St.

Events continue on Page 24

# Fall into these Great Deals

## 2013 TOYOTA COROLLA CE

STK# 126216

10  
COROLLAS  
TO CHOOSE  
FROM

2013 COROLLA starting at **\$17,500**2014 COROLLA starting at **\$18,900**

## 2013 TOYOTA CAMRY LE

STK# 126208

9  
CAMRYS  
TO CHOOSE  
FROM

2013 CAMRY starting at **\$19,900**2014 CAMRY starting at **\$21,900**

FOR THE  
MONTH OF  
OCTOBER  
RECEIVE NEW  
WINTER TIRES  
ON ALL



TOYOTA CAMRY,  
COROLLA AND  
MATRIX

No payments until 2016 Q4 &amp; Q

## 2014 CHARGER



126162

NOW **\$23,500**

## 2011 VENZA



PST PAID

1354282

NOW **\$23,888**

## 2011 TOYOTA SIENNA LE FWD



1462111

NOW **\$22,888**

## 2012 INFINITI G37X AWD



126284

NOW **\$31,588**

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# FIGHT INFLUENZA

The Regina Qu'Appelle Health Region recommends seasonal influenza vaccine for everyone. Those who would benefit most are:

- Adults 65 years of age and over
- People with chronic health conditions or chronic disability
- Residents of a nursing home or other care facility
- People who work in long-term care
- Children aged 6 months to under 5 years of age
- Contacts of the individuals listed above
- Contacts of contacts listed above
- Long health care worker or care provider
- Any volunteer in a health care setting

MONDAY October 10	TUESDAY October 11	WEDNESDAY October 12	THURSDAY October 13	FRIDAY October 14	SATURDAY October 15
<p><b>Regina Senior Citizens' Centre</b> 2130 Wellington St. 9:00 am - 4 pm</p> <p><b>St. Joseph School</b> 1100 Danforth St. 1:00 pm - 3:00 pm</p>	<p><b>Grace Health in Residence</b> 2020 Hamilton Blvd. 9:00 am - 11:30 am</p> <p><b>Enkorewood Centre</b> 1100 Danforth St. 1:00 pm - 3:00 pm</p> <p><b>Albert Scott Community Centre</b> 1094 Arroyo St. 1:00 pm - 3:00 pm</p> <p><b>Diocese School</b> 145 Danforth St. 4:00 pm - 7:00 pm</p>	<p><b>Victoria Square Shopping Centre</b> 2023 Manitoba Ave. E. 9 am - 7 pm</p>	<p><b>Golden Mile Centre</b> 2023 Manitoba Ave. E. 9 am - 7 pm</p>	<p><b>Northgate Mall</b> 4100 - 42nd St. N. 10:00 am - 3:00 pm</p>	<p><b>Southgate Mall</b> 3600 Gordon Rd. 10:00 am - 3:00 pm</p>
<p><b>October 17</b></p> <p><b>Lisa Long Learning Centre</b> Library building 2100 College Ave. 8:00 am - 4:00 pm</p> <p><b>St. John's Community Centre</b> 1120 Macdonell Ave. 8:00 am - 11:30 am</p> <p><b>St. Clare Manor</b> 2020 Park St. 1:30 pm - 4:00 pm</p> <p><b>Diocese School</b> 145 Danforth St. 4:00 pm - 7:00 pm</p>	<p><b>October 20</b></p> <p><b>Colwell's Neighborhood Centre</b> 3000 - 12th Ave. 9:00 am - 11:30 am</p> <p><b>Gene Shiohara Neighborhood Centre</b> 445 - 44th Ave. 1:00 pm - 3:00 pm</p> <p><b>Salvation Army</b> 2240 13th Ave. 1:30 pm - 4:00 pm</p> <p><b>Diocese School</b> 145 Danforth St. 4:00 pm - 7:00 pm</p>	<p><b>October 29</b></p> <p><b>Victoria Square Shopping Centre</b> 2023 Manitoba Ave. E. 9 am - 7 pm</p>	<p><b>October 30</b></p> <p><b>Golden Mile Centre</b> 2023 Manitoba Ave. E. 9 am - 7 pm</p>	<p><b>October 31</b></p> <p><b>Northgate Mall</b> 4100 - 42nd St. N. 10:00 am - 3:00 pm</p>	<p><b>November 1</b></p> <p><b>Southgate Mall</b> 3600 Gordon Rd. 10:00 am - 3:00 pm</p>
<p><b>November 3</b></p> <p><b>Waskesque Estates</b> 4080 Praeger St. 8:00 am - 11:30 am</p> <p><b>North West YMCA</b> 5820 Macdonell Blvd. 1:30 pm - 4:00 pm</p> <p><b>Diocese School</b> 145 Danforth St. 4:00 pm - 7:00 pm</p>	<p><b>November 4</b></p> <p><b>T.G. Douglas (Building Lobby)</b> 3475 Albert St. 1:30 pm - 4:00 pm</p>	<p><b>November 5</b></p> <p><b>University of Regina Research and Innovation Centre</b> 2073 Victoria Hwy. 8:00 am - 3:00 pm</p>	<p><b>November 6</b></p> <p><b>Diocese School</b> 145 Danforth St. 4:00 pm - 7:00 pm</p>	<p><b>November 7</b></p> <p><b>Regina Senior Citizens' Centre</b> 2130 Wellington St. 9:00 am - 11:30 am</p> <p><b>North West Learning Centre</b> 1107 N. Arden St. 1:30 pm - 4:00 pm</p>	
DROP - IN CLINICS					
<p><b>November</b></p> <p><b>Monday</b> November 10, 17, 24 <b>Thursday</b> November 6, 13, 20, 27 9 am - 7 pm</p>	<p><b>Diocese School</b> 145 Danforth St.</p>	<p><b>November</b></p> <p><b>Monday</b> November 14, 21, 28 9 am - 7 pm</p>	<p><b>November</b></p> <p><b>Monday</b> November 14, 21, 28 9 am - 7 pm</p>	<p><b>November</b></p> <p><b>Monday</b> November 14, 21, 28 9 am - 7 pm</p>	<p><b>November</b></p> <p><b>Monday</b> November 14, 21, 28 9 am - 7 pm</p>
RURAL CLINICS					
<p><b>BARBOUR</b></p> <p><b>Drop In</b></p> <p><b>Barbour Community School</b> Thursday October 27 4:30 - 7:00 pm</p>	<p><b>FRANKS</b></p> <p><b>Drop In</b></p> <p><b>Frank's Public Village</b> Monday October 27 10 am - 11 am</p>	<p><b>FERGUSON</b></p> <p><b>By Appointment</b></p> <p><b>200-240-0477</b></p> <p><b>Fernie Town Hall</b> Tuesday October 28 7:00 - 9:45 am</p>	<p><b>REGINA BEACH</b></p> <p><b>Drop In</b></p> <p><b>Memorial Hall</b> Friday October 21 10 - 12:30 am &amp; 1:30 - 5:00 pm</p>	<p><b>WILKINSON</b></p> <p><b>Drop In</b></p> <p><b>Wilkinson School</b> Thursday October 23 8 - 9 pm</p>	<p><b>WILKINSON</b></p> <p><b>Drop In</b></p> <p><b>Wilkinson School</b> Thursday October 23 8 - 9 pm</p>
<p><b>BECKINGHAM</b></p> <p><b>Drop In</b></p> <p><b>50 Plus Seniors Club</b> Thursday October 23 10 am - 1 pm</p>	<p><b>HOLLAND</b></p> <p><b>Drop In</b></p> <p><b>St. Clare Health Centre</b> Wednesday October 20 10 am - 1:00 pm</p>	<p><b>LUNDY</b></p> <p><b>Drop In</b></p> <p><b>Lundon Elementary School</b> Monday October 20 7:00 - 9 pm</p>	<p><b>WILKINSON</b></p> <p><b>By Appointment</b></p> <p><b>200-445-2220</b></p> <p><b>Wilkinson School</b> Monday October 20 2 - 4:45 pm</p>	<p><b>WILKINSON</b></p> <p><b>Drop In</b></p> <p><b>Community Hall</b> Thursday October 23 10 am - Noon &amp; 1 - 2 pm</p>	<p><b>WILKINSON</b></p> <p><b>Drop In</b></p> <p><b>Community Hall</b> Thursday October 23 10 am - Noon &amp; 1 - 2 pm</p>
<p><b>WILKINSON</b></p> <p><b>Drop In</b></p> <p><b>Wilkinson School</b> Thursday October 23 10 am - Noon &amp; 1 - 2 pm</p>	<p><b>WILKINSON</b></p> <p><b>Drop In</b></p> <p><b>Wilkinson School</b> Thursday October 23 10 am - Noon &amp; 1 - 2 pm</p>	<p><b>WILKINSON</b></p> <p><b>Drop In</b></p> <p><b>Wilkinson School</b> Thursday October 23 10 am - Noon &amp; 1 - 2 pm</p>	<p><b>WILKINSON</b></p> <p><b>Drop In</b></p> <p><b>Wilkinson School</b> Thursday October 23 10 am - Noon &amp; 1 - 2 pm</p>	<p><b>WILKINSON</b></p> <p><b>Drop In</b></p> <p><b>Wilkinson School</b> Thursday October 23 10 am - Noon &amp; 1 - 2 pm</p>	<p><b>WILKINSON</b></p> <p><b>Drop In</b></p> <p><b>Wilkinson School</b> Thursday October 23 10 am - Noon &amp; 1 - 2 pm</p>

## EVENTS

## Majestica: The Musical

Oct. 18, 7:30 p.m.  
Coveaux Arts Centre  
250 Lakeshore Dr.

## Toe to Toe

Pole-climbing fitness studio  
Annie Fitness is hosting this  
showcase, a fundraiser for  
ALS Society of Saskatchewan.  
Oct. 17, 7-9 p.m. The show-  
cases 24/31 Eighth Ave.

## # DANCING

## Salsa dancing

Oct. 15, 8:30-11:30 p.m.  
Cathedral Freehouse, 2062  
Albert St.

## Pole Dancing

Learn to saute dance, round  
dance or drop. First two nights  
free. Oct. 18, 6-7:30 p.m.  
St. James Anglican Church,  
1105 Empire St.

## Retro Dance Party

Every Sunday  
McMillin's, 2226 Cowley Ave.

## Traditional Maultz Juggling

Free lessons. Pre-registration  
is recommended. 308-525-  
5593.  
Monday evenings from  
6:30-7:30 p.m. New Central  
Hortons, 2207 Hawley St.

## West Coast Swing Toonie

Tuesdays  
Oct. 21, 7:30-8:30 p.m.  
Northland Community Centre,  
900 Broad St. N.

## # SPORTS

## Women's hockey

Cowichan vs. Calgary  
Oct. 17, 7 p.m. Cooperators  
Centre, 6164 Place.

## Women's hockey

Cowichan vs. Calgary  
Oct. 18, 3 p.m. Cooperators  
Centre, 6164 Place.

## Saskatchewan Roughriders

vs. Edmonton at Edmonton  
Oct. 19, 3 p.m.  
Mosaic Stadium



Majestica: The Musical is coming to the Coveaux Arts Centre on Oct. 18.

**Regina Polo vs. Portland**  
Oct. 21, 7 p.m.  
Brazier Centre, 6164 Place

## # FOR FAMILIES

## Stems and Strollers

Wednesday, 1 p.m.  
Complex Osborn Southland  
Mall, 1025 Gordon Rd.

## Bake a Difference

Combat bullying through  
baking, spread kindness with  
a cookie.

Wednesday, 5-7 p.m.  
Sweet Antiques Bake-  
shoppe, 230 Winnipeg St. N.

## Drop-in crafts and games

Free event for youth aged  
5-18. Thursday, 4-6 p.m.  
Eastview Community Centre,  
616 6th Ave.

## Drop-In Indoor Playground

Friday, 5-7:30 p.m.  
South Lakeshore Centre, 119  
Burnett Dr.

## Mom and Tot Bonded Meetings

Hosted by Kate Murray, 306-  
216-2511

Friday, 10-11:30 a.m. Early  
Learning Family Centre, Scott  
College, 3550 71st Ave.

## Build and Grow Circus

Build a special feat as a pro-  
ject. For children age 5 and  
up. Saturday, 10 a.m.  
Lewins, 4019 Gordon Rd.

## Michael's Kids Club

Saturday, 10 a.m.-noon  
2080 Prince of Wales Dr.

## Family Favorites Time

Enjoy a favourite film for just  
\$2.50  
Saturday, 11 a.m. Galaxy Cin-  
emas, 430 McCarthy Blvd. N.

## Family activities

Saturday and Sunday, 2 p.m.  
Saskatchewan Science Cen-  
tre, 2902 Powerhouse Dr.

## Family Studio Events

Sunday, 3-4 p.m.  
Muskoka Art Gallery, 3475  
Albert St.

## Parent and Preschooler

Jungle Gym  
Monday, 9:30-11 a.m.

At Ritchie Family Wellness  
Centre, 445 10th Ave.

## Science Trys for Tots

Interactive workshop aimed  
at early learners  
Tuesday, 9:30-10 a.m.  
Saskatchewan Science Cen-  
tre, 2902 Powerhouse Dr.

## Drop-in crafts and gym

Free event for youth aged  
5-18. Tuesday, 4-6 p.m.  
Eastview Community Centre,  
616 6th Ave.

## Mama's Musing Out

3200 Acomberton on wheels @  
sasktel.net

## Mothers of Pre-Schoolers

(MOPS)  
Rosewood Park Alliance  
Church, 4040 Rosewood-  
park Ave.

## Regina Newcomers Club

reginaneewcomersclub@gmail.com

## Time Out For Parents

At Ritchie Family Wellness  
Centre, 3250 Lindsay St., 306-

525-4565, arfpe@sasktel.net

## Y's Men's Group

YMCA, 2600 12th Ave., 306-  
757-9632

## Y's Men's Group for Multiples

YMCA, 2600 12th Ave., meets  
the 12th Thursday of the  
month at 10:00 p.m.

## YWCA Regina

7640 McIntyre St.,  
306-525-2141

## # MUSEUMS

## Alex Young Salvaged Materials

1900 Fourth Ave.  
Room by appointment only  
(306-525-3550)

## Civic Museum of Regina

1375 Broad St.  
Tuesday-Friday 10 a.m.-6 p.m.  
Saturday noon-6 p.m. Closed  
Sunday and Monday

## Government House Museum

& Heritage Property  
4487 Dewdney Ave.  
Tuesday to Sunday, 9 a.m.-6  
p.m.

## RCMP Heritage Centre

5907 Dewdney Ave.  
Open 11 a.m.-5 p.m. daily

## Regina Firefighters Museum

3205 Ross Ave.  
 Tours by appointment (306-  
777-7714).

## Regina Floral Conservatory

1506 4th Ave.  
Open daily, 10-30 p.m.

## Royal Saskatchewan Mus-

seum  
2445 Albert St.  
Open 9:30 a.m.-5 p.m. daily

## Saskatchewan Military

Museum  
1600 Richardson St.  
Open Monday and Thursday,  
7-9 p.m., or by appointment  
(306-347-9345).

## Saskatchewan's Dance

Centre  
2903 Posthouse Dr.  
Tuesday-Friday 10 a.m.-5 p.m.  
Saturday-Sunday and holi-  
days, noon-6 p.m.  
Closed Mondays

## Saskatchewan's Sports Hall

of Fame  
2205 Victoria Ave.  
Monday-Friday 10 a.m.-6:30  
p.m. Closed weekends

## # OTHER

## HAPPENINGS

## "You can't just be a little

bit pregnant": A System's  
View of Motherhood Policy and  
Resistance in Canada

Referencing 20 years of regu-  
lated motherhood policy and  
practice across Canada, pre-  
sented by Lynn Beauregard,  
University of Ottawa.  
Oct. 18, 10 a.m.-noon  
12 of 11 main campus, 2 Be-  
search Dr., Room 219

## RCMP Sergeant Major's

Parade  
Wednesday, 12:45 p.m.  
RCMP Depot Division, 5600  
19th Ave.





# What's in Your Beauty Products?



The average woman applies more than 500 chemicals to her body every day.



Every day millions of women slip on body moisturizer, apply lipstick or mascara without a second thought about what they are putting on their skin. A study from the UK claims that the average woman applies more than 500 chemicals to her body every day during her beauty routine.

## Why should you be concerned?

Chemicals such as parabens (a synthetic preservative in everything from toothpaste to shampoos) and phthalates (a class of chemicals that are found in many "fragranced" beauty products such as lotions, perfumes and deodorants) are classified as endocrine disruptors. Research indicates that our natural endocrine controlling hormone chaos by increasing the total amount of estrogen resulting in a condition called estrogen dominance. Estrogen dominance has been implicated in many conditions including breast and prostate cancer, obesity, infertility, endometriosis, uterine fibroids, early onset puberty, hormonal acne and PMS.

## Xeno-Detox Every Day

EstroSense is a complete hormone liver detoxifier that gently supports the elimination of harmful environmental toxins and helps to bring back hormone synergy. Along with other key ingredients, EstroSense contains milk thistle which is one of the most researched herbs when it comes to liver detoxification and liver cell regeneration. Curcumin, gingerol, silymarin, ellagic acid, quercetin, green tea extract, lycopene and resveratrol extract are all very effective for supporting healthy hormone balance.

So starting now read labels and stay informed, check out The Environmental Working Group website [www.ewg.org](http://www.ewg.org) as well as Campaign for Safe Cosmetics website [www.csa-cosmetics.org](http://www.csa-cosmetics.org) for more information about how you can protect yourself!

Add **EstroSense** with Milk Thistle Extract to your daily routine!

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# WINE WORLD

## #SASKATCHEWAN BEER SCENE

# Local brewers release spiced ales for autumn

By James Romanow

Last week in Saskatoon, Prince Sun Brewery kicked off the weekend with an all-day live music event at their annual Oktoberfest. Each weekend begins their Oktoberfest on Oct. 4 and wraps it up on the weekend in Regina.

Oktoberfest begins 200 years ago in Munich, Germany a celebration of traditional harvest celebrations on to a royal Bavarian wedding. King Ludwig I formalized the festival to the two weeks ending the first Sunday of October (the original was the first two weeks of October but the Germans recently moved it earlier for the weather).

Autumn is when we begin to crave milder beer and the heavier autumn ales are introduced. These beers are thicker, darker and suitable accompaniment for most steaks and smoky dishes. Local brewers continue to honour this custom by rolling out fall ales for our consumption.

Lately the most popular variety in North America has been spiced ale, a sort of hybrid beer brewed with pumpkin and spagetti ale spagetti. Local brewers launched their version, Harvest Moonshine at their Oktoberfest—a good reason to attend the show on itself! Saskatchewan will launch their first Pumpkin Spiced Ale this coming Saturday.

If you're a crafty and curious (I shall refrain from naming names) these easy social



get-togethers and every Oktoberfest, but in fact they're quite hard to find that prefer to try vegetables autumn from the ground for dinner you can certainly enjoy these beers with true autumn potatoes and the time.

Saskatchewan First Pumpkin Spiced Brews Ale, Regina \*\*\*\*

Prince Sun Harvest Moonshine Ale, Saskatoon \*\*\*\*

Score: rates the writer in Saskatoon's paper and on Twitter (@saskbeer).

# Crossword/Sudoku answers

APEMEN	SPA	UFOS
BONAMI	HEM	NICK
LUDWIG	ARM	ANTI
ETS	HOW	DOUBEN
	OCTANE	KARTS
SPACE	TEASES	
PUTER	THERE	HARP
ESTATE	ASERVER	
CHAN	NOHARM	DONE
	HAD	LOT
EGARD	DO	RY
GIVE	ETHAT	JAIL
ALICE	LOA	ALDUMS
DIAZ	KWH	READON
SANE	CNS	TSHIRT

6	4	1	9	7	3	2	5	8
3	5	7	8	4	2	6	9	1
9	2	8	1	5	6	4	7	3
2	9	4	7	8	1	3	6	5
8	7	3	5	6	4	1	2	9
1	6	5	3	2	9	8	4	7
4	8	9	6	3	7	5	1	2
5	1	6	2	9	8	7	3	4
7	3	2	4	1	5	9	8	6

# Fall Price Harvest Event



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2014 Jeep Wr Cherokee LTD	\$41,995
2013 Ford Escape SEL loaded	\$29,995
2013 Toyota <del>SOLO</del> <sup>info</sup>	\$31,995
2012 Cadillac <del>SOLO</del> <sup>paid</sup>	\$31,995
2012 GMC Acadia SLT leather	\$34,995
2011 Ford <del>SOLO</del> <sup>paid</sup>	\$15,995
2010 Wrangler Sahara 4x4	\$23,995
2010 Chev Equinox LTZ V6 Leather	\$17,995
2010 Chev Traverse LT 8 Pass	\$19,995
2009 Infiniti FX35 Premium Tech	\$24,995
2009 Toyota RAV4 V6 Sport leather	\$19,995
2008 Dodge Hemi V6 New 4x4	\$16,995



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